



★ I'm your baby. You want the best for me.

Please Help Me

I want to grow strong in body, heart, and mind. I grow best when you:

- Hold and cuddle me.
- Smile and talk to me.
- Listen to me when I “talk” to you with my face and body.

Feed Me Right...With Food and Love

Breast is best!

Breastmilk is the perfect food for me. It has just the right amount of nutrients I need. It changes with my appetite and as I grow. It helps me recover faster after delivery and keeps me from getting sick.

Let me eat until I show you I'm full.

You'll see I'm full when I stop sucking and let go of the nipple. I look relaxed or sleepy. Let me decide if I want to stop eating. Once I get full, I might frown, fuss, and kick if you keep feeding me.

I eat more when I have a growth spurt.

If I'm breastfeeding I'll nurse longer or more often and your body will make more milk to meet my needs. If I drink formula, I'll act hungry after finishing a bottle. During a growth spurt, if I drink all my formula and I still act hungry, give me another ounce or two.

How do you know that I'm eating enough?

I wet 6 or more diapers a day and the doctor says I'm gaining weight and growing well.

Keep me safe and healthy.

- If you use a bottle to feed me, put only pumped breastmilk or formula in it. I don't need to drink water or juice. I get all the liquid I need from breastmilk or formula. Please don't give me sweet drinks or soda.
- Wash your hands before you feed me or make my food.
- Follow the mixing instructions on the formula label or as given by my doctor.
- Never warm my bottle in a microwave. Liquids heat unevenly and I could burn my mouth.
- Use a prepared bottle of formula right away.
- Throw away any formula left in the bottle one hour after I start a feeding.

Feeding Guidelines

Feed me breastmilk or baby formula with iron for the first year. Breastmilk or formula is the only food I need for the first 6 months.

Birth to 4 Months

I'll want to eat 8 to 12 times in 24 hours. My tummy can hold about 2 to 3 ounces at a time.

4 to 6 Months

I'll want to eat about 6 to 8 times in 24 hours. My tummy can hold about 4 to 6 ounces at a time.

Warning! Don't feed me honey or foods with honey. I could get serious food poisoning.



When can I try a new food?

I grow best on breastmilk or formula. Don't feed me any food until I'm about 6 months old. Ask my doctor if I'm ready to try a new food.

I must be able to:

- Sit up and hold my head steady.
- Show I want food by opening my mouth to take it from a spoon.
- Show I don't want food by closing my mouth or turning my head away from you.



Spit Up...Gas...Dirty Diapers

I need to get used to food in my tummy. So, I may spit up, get gas, and grunt and turn red when I have a bowel movement. It doesn't hurt and goes away as I grow.

- I spit up less if I'm calm when I eat and stop eating when I get full.
- I swallow air when I eat. If I swallow too much, I might need to be burped. Wait until I stop eating to burp me. Hold me with my tummy against your chest or lap. Gently pat or rub my back.
- I might have one or more bowel movements a day. Sometimes, I might not have any for a day or two. This is not constipation. Constipation is a hard, dry stool that hurts to pass and makes me cry.

Play with me!

Please don't keep me in a baby carrier or infant seat. Put me on a blanket on the floor. Watch how I stretch and kick my legs and move my arms. I'm making them stronger.

Put me on my tummy. I'll learn to push myself up with my arms. I'll learn to roll over.



I need your touch.

Hold me when you feed me. I feel safe in your arms. Look at my face and into my eyes. I'll learn to look back. I love to look at your face. Talk to me. I'll learn to smile and coo.

Sometimes I take a break from eating, even though I'm not full yet. I just want to rest or share some special time with you.

Help me stay awake while you feed me. If I fall asleep with milk in my mouth, I could choke or get an earache.

Look what I can do!

I'm ready to learn about you, about me, and the world I live in. I learn best when I feel happy, loved, and safe.

Birth to 3 Months

The world is new to me. It can be scary. I cry a lot at first. Crying is my way to say I need you. When you come to me, I calm down. I learn that you care. Holding me will not spoil me.

I must learn what day and night are. At first I sleep 2 to 3 hours, wake up, eat, and go back to sleep again. It might take 3 months or more to learn to sleep through the night. Please be patient as I learn. I know your voice. I like to watch you and learn what you do. Show things to me and tell me about them.

4 to 6 Months

I start to settle into a routine. I can sleep longer at night. I'm growing strong and active.

I can hold my head up. I use my hands to pick things up and put them in my mouth. Keep an eye on me so I don't choke. I know my name when you say it. I babble ba-ba-ba! I can laugh. Let's play peek-a-boo and pat-a-cake. Please read to me. Show me the pictures and tell me what they are.



Health and Safety Tips

- I need check ups and shots to stay healthy. I should visit the doctor a few days after birth and before one month, then at 2 months, 4 months, and 6 months of age.
- If I'm breastfed, ask my doctor if I need a vitamin D supplement. At about 6 months, ask about iron too.
- Clean my mouth after I eat. Wipe my gums with a clean, wet, soft cloth.
- Put me on my back to sleep. Use a firm mattress. Keep pillows, quilts, and toys out of my bed. I might suffocate if a blanket, toy, or pillow covers my mouth.
- Keep me away from cigarette, tobacco, and all other smoke. Smoke hurts my lungs and can make me sick.
- Never leave me alone at bath time or while changing me.
- Buckle me into an infant car seat before we ride in a car. It's the law! Install my seat in the car's back seat, facing backwards.



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EAT
GROW
LIVE HEALTHY



0-6
Months

Tips for My First Six Months